

ISSUE 12 WINTER 2021

REAL ROCHDALE

FREE LOCAL
MAGAZINE

SPRINGHILL HOSPICE
WALK TO REMEMBER

GAIA EXHIBITION
SPECTACULAR REPLICA OF PLANET EARTH

LITTLE AMAL
GIANT PUPPET VISITS ROCHDALE

MUSIC AT LUNCHTIME
TOAD LANE CONCERTS



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EDITOR'S WORDS

A warm welcome to Real Rochdale



Hello and welcome back to the latest edition of Real Rochdale.

Our stunning cover image this month is the Wine Press at a snow-covered Hollingworth Lake, a winter wonderland familiar to many of us!

This winter edition is packed with things to do over the festive period; from Christmas shopping to new exhibits in town, we've got it covered.

If you haven't made a start on Christmas shopping yet (hands up, I'm definitely not alone!), make a start using our definitive guide to shopping locally in Rochdale centre. And if you want something that will make an extra difference, the Fair for All Fairtrade shop on The Walk is perfect.

If you've already bought and wrapped your presents, the next few months are yours to relax and be merry. Touchstones has a range of new exhibitions whilst Gaia, a giant replica of planet Earth, is in Rochdale town centre until Christmas Eve. There's even a weekly midday music concert at St Mary in the Baum for everyone to enjoy on their lunch hour. Or pop into the award-winning Busy Beans Coffee in Littleborough for a well-deserved cuppa and cake!

Alternatively, if you're thinking of volunteering over the holidays, consider lending your time to Cycling Without Age, a fantastic new way of helping older residents reconnect with their community whilst feeling the wind in their hair.

Speaking of volunteers, the wonderful GEM Appeal charity has raised a staggering amount of money for a machine to help children with rare genetic disorders and a local personal trainer has raised thousands for Sarcoma UK by running marathons and set a new Guinness World Record.

As always, thank you to our advertisers and contributors - and we hope you enjoy this issue.

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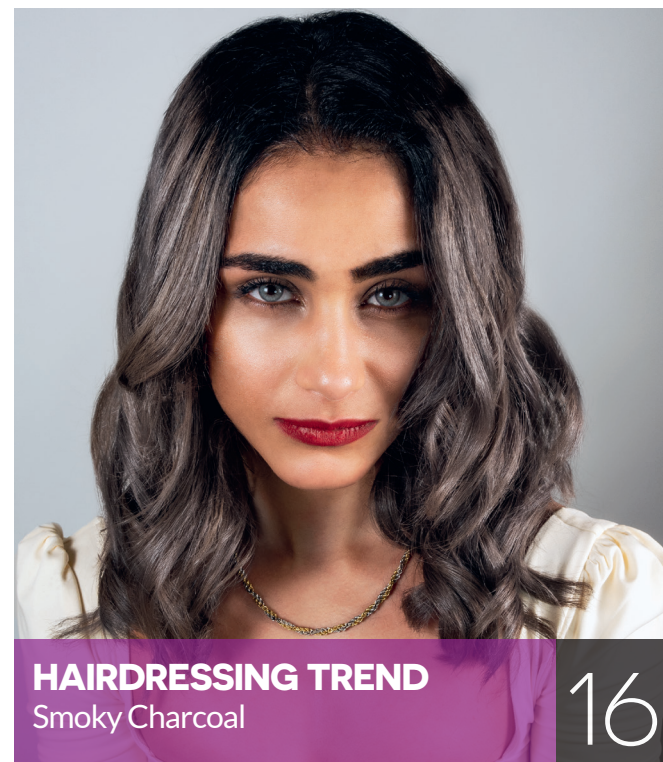
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STUNNING REPLICA OF PLANET EARTH COMES TO ROCHDALE



UK artist Luke Jerram's internationally renowned replica of Earth is coming to Rochdale, along with a host of out-of-this-world events and activities.

Measuring seven metres in diameter and created from detailed NASA imagery of the Earth's surface, 'Gaia' will provide the opportunity to see Earth on a big scale, floating in three dimensions, alongside a specially made surround sound composition by BAFTA award winning composer Dan Jones.

Gaia – which comes from Greek mythology, meaning the personification of the Earth – will visit Hull, the USA, the Netherlands, Norwich, Norway, and Canada before reaching the borough for the festive season.

Staged in partnership with Rochdale Borough Council and Your Trust (formerly Link4Life),

the exhibition is supported financially by the Garfield Weston Foundation.

"We're delighted to build on the success of Dippy on Tour, bringing another fantastic creative spectacle to the borough," said Darren Grice, deputy chief executive of Your Trust.

"Just as with Dippy, we hope that seeing the Earth as if floating in space will wow visitors and inspire each of us to protect our precious planet."

Supporting events during Gaia's five-week residency include a show into the world of insects and insect-eating performed by TV

presenter and 'gastronaut', Stefan Gates, as well as performances by M6 Theatre Company in local schools before a public performance of 'The Storm' at Number One Riverside, creatively confronting the climate emergency.

Skylight Circus will stage 'Mammoth', combining acrobatics, music, and lighting effects to tell a thought-provoking story of extinction and protection of our environment, plus 'Global Circus', performed beneath Gaia. Animated with specially commissioned music, this show will be presented live by local asylum seekers and refugees.

You'll even be able to relax and look up to the sky with a yoga session underneath Gaia, accompanied by a visual arts session with Cartwheel Arts.

Schools will benefit too: Rochdale Music Service will use Gaia to spark creativity in music and children can take part in science experiments in front of Gaia, learn about gravity, how to be an astronaut, and a climate change summit for secondary pupils will stimulate debate on environmental sustainability.

A final exhibition will include visual arts planned with young people from the LGBTQ+ community.



Gaia is at Number One Riverside from Saturday 20 November 2021 to Friday 24 December 2021.

Opening times:
Monday, Wednesday & Friday: 9am - 5pm
Tuesday & Thursday: 9am - 6pm
Saturday: 10am - 5pm
Sunday: 1pm - 5pm

Number One Riverside, Smith Street,
Rochdale OL16 1XU
Free Admission



Rochdale Half Marathon, 10K and Fun Run



Oliver Cooper won the one mile fun run (above) in 05:50.

The half marathon winner was Neal Emmerson (top right photo in yellow and black vest) in 01:16:10. The fastest female was Dominique Searle in 1:26:52.

The 10K was won by Martin Peck (left) in 34:19 and Amy McKechnie was the fastest female in the 10K (bottom right photo) in 41:08.



CYCLING WITHOUT AGE: CONNECTING WITH THE GREAT OUTDOORS



Councillor Amna Mir, Councillor Daalat Ali, Dianne David (back in high-viz) with passengers and Councillor Janet Emsley

“A number of councillors from Pennines Township, who contributed a large percentage of the funding for the trishaw, attended and some of them had a go as passengers. They loved the idea and pledged to continue to support the project,” said Dianne.

“The comments support our belief that we can improve the lives of older people who are feeling socially isolated and lonely by getting them out and about in the fresh air on the trishaw.”

Rochdale Cycling Without Age has also been chosen as the beneficiary charity of the year by NCompass, an organisation which supports unpaid carers in their caring role. Funds raised by NCompass will go towards the costs of a second trishaw.

Dianne added: “The representatives were blown away by the trishaw and the fun that the passengers were having.”

She continued: “We are now looking for older people with mobility issues who are socially isolated or lonely to get in touch so that we can arrange to take them out on trishaw rides.

“We would also like people who want to become volunteer pilots to get in touch.”

Rochdale Cycling Without Age was borne out of the global Cycling Without Age movement, which tackles the loneliness and isolation experienced by senior citizens when they become confined to their own homes.

Having recently reached the UK, Cycling Without Age was launched in Copenhagen in 2012 by Ole Kassow, enabling volunteers to visit local care and senior citizen facilities around the community to offer residents an opportunity to be a passenger.

Since launching, communities over the UK have been inspired to rally together and fund more trishaws so that they can offer local elderly residents the freedom to get outdoors and explore the world around them.

For more information, or to express interest in volunteering, please contact Rochdale Cycling Without Age via Facebook, email rochdale@cyclingwithoutage.org.uk or call 01706 508140.

A new initiative to improve the lives of older people who are feeling socially isolated and lonely officially launched in September at Hare Hill Extra Care in Littleborough.

Non-profit group Rochdale Cycling Without Age aims to tackle loneliness by taking senior citizens out into the community on free bike rides, using a specially adapted ‘trishaw’ – a three-wheel cycle with a passenger cab in front.

Started by Dianne David, of Littleborough, who used to work in the adult care sector, Rochdale Cycling Without Age took several senior citizens out into the fresh air during the launch at the Rochdale Boroughwide Housing scheme.

The cost of the trishaw was part-funded by the Pennines Township earlier this year and

local councillors had the chance to ride as passengers on the day.

Dianne said: “The weather was truly awful, but we still managed to have a great day. We took some older people out on our brand-new trishaw and they thoroughly enjoyed themselves.

“One lady dressed up for the occasion and brought a Union Jack to wave whilst on the ride. The passengers gave really positive feedback with one saying, ‘I loved the fresh air, meeting people and I haven’t done anything like this for years’ and another saying she had a brilliant time and found it exciting.”



Photo: Cycling without Age, licensed under CC BY-ND 2.0

GEM Appeal funds Tecan machine for Royal Manchester Children's Hospital



Purchased by the charity at a cost of £128,000, the Tecan machine arrived at the Simon and Mikey Hoather Research Laboratory in the Willink Unit at Royal Manchester Children's Hospital in June.

Now fully operational, the equipment prepares and arranges blood samples for DNA analysis a few days after the birth of a baby, enabling the specialist staff at the unit to concentrate on more complex tasks and enhancing a previous GEM Appeal purchase, the Tandem Mass Spectrometer, which analyses the samples taken.

The Willink Unit is now looking into more equipment they need, ready for the GEM Appeal to set its next fundraising target.



Founder Karen Johnson with the GEM Appeal's Queen's Award for Voluntary Service

Because of the money raised by the GEM Appeal, children diagnosed with genetic conditions are living longer, healthier lives.

The GEM Appeal (Genetics. Enzymes. Metabolics.) was founded in 1994 by Rochdale mum Karen Johnson whose sons, Simon and Mikey, were born with Hunter Syndrome – a rare inherited disorder causing abnormalities in organs due to missing or malfunctioning enzymes.

With no cure and no treatment available for the boys at the time, they both tragically lost their lives at 12-years-old, but the GEM Appeal has continued to grow in their memory.

Run entirely by volunteers, the charity has raised over £3 million towards funding research into and finding cures for rare genetic and metabolic disorders through various events.

The charity's 20th annual ball was held in November, hosted by patron Denise Welch at Manchester's Kimpton Clocktower Hotel, and founder Karen's 'favourite' annual event, the Strawberry Sparkle ladies' luncheon was held at Nutters Restaurant in August.

www.gem-appeal.co.uk

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Keep your festive shopping local this Christmas

Christmas in Rochdale is a magical time of year and there's no better place to get all your festive shopping sorted in one fell swoop – and support your high street at the same time.



Rochdale town centre is a thriving hub of shopping outlets, offering well-known brands and local independent stores, making our beautiful town perfect for finding those unique gifts.

From that tricky-to-buy-for dad to the sister who has everything and great gifts for little ones, the town centre boasts a huge variety of options across fashion, health and beauty, food and drink, lifestyle and so much more - read on for our suggestions on Christmas shopping in Rochdale.

For the fashion-conscious relative in your life, there's plenty of inspiration to be found in fabulous independent stores such as Buckley Menswear, End Boutique, Chantilly and Okeechobee – as well as large retail chains including River Island, New Look, M&S and H&M.

After the last two years, we all deserve some pampering! Pick up a voucher for a spot of 'me-time' at beauty and hair salons like The Retreat, The Hairdressing Room, Couzens Hair Studio and Simply Special. Don't forget to top up on a vast range of beauty products at Boots or Superdrug – perfect for stocking fillers.

For those conscious of their wellbeing, Rochdale has a wealth of businesses offering everything from nutritional or mindful gifts and experiences, including the Health Food Centre, Ladies Only Gym and JD Gym.

Not forgetting the youngsters who make this time of year so magical, Rochdale has lots of toy shops with gifts for all ages. If you're looking for games, books, outdoor toys or educational items, make sure you visit The Works and WHSmith.

Rochdale centre also houses a plethora of quirky and individual small businesses providing something truly unique: visit Cheetham Street or the Baillie Street Quarter for a vibrant community of independents.

After your Christmas shopping list is ticked off, treat yourself to a pit stop at one of the town's tantalising cafes or restaurants. There is an array of options to tempt everyone's taste buds with a trip to Petit Bistro, Medicine Tap, Bombay Brew, Bean, Brown's Cakes, The Flying Horse Hotel, The Baum... You're spoilt for choice!

You can even bag further bargains with the help of 'LoyalFree' – an innovative loyalty app which helps you to find all the deals in town and loyalty schemes straight from your smartphone. App users can save money when they choose to shop local as you can save money in over 60 of your favourite town centre businesses – and it's free to download!

In addition to exclusive deals, LoyalFree also provides useful information including a local guide, fun local events and interesting trails – such as a walking tour of all the amazing street art in the area.

Download the app for Android or iOS by searching 'LoyalFree'.

Santa's Post Box at the Wheatsheaf Centre

Santa's elves have once again installed a special interactive postbox for Christmas letters at the Baillie Street entrance of the Wheatsheaf Centre – we must have been good!

Letter-writing kits can be collected from Bean at Riverside or you can get creative and prepare one yourself.

Letters are sent via special elf magic to the North Pole and you may even get a response from Father Christmas himself...

Dates for your diary

- A Christmas Fair will be at the Exchange Shopping Centre on **Saturday 20 November**.
- The **Christmas Food and Artisan Fayre** will be at Riverside on **Saturday 4 December**.
- **Santa** will return to Touchstones on **11, 12, 18 & 19 December**. The magical Christmas grotto will feature festive storytelling, fun craft activities and a meeting with the man himself. Book early to avoid disappointment.
- A family **festive tea with Father Christmas** is taking place at the Medicine Tap on **Tuesday 7 December**, with Christmas crafts, a photo opportunity with Santa and a gift for every child. Booking is essential.
- The **Vegan Market** returns to Rochdale Riverside on **Saturday 18 December**.
- There's no need to wish for a white Christmas this year, when you can step into a Winter Wonderland in an **inflatable snow globe**! Large enough to fit up to eight adults, it's the perfect setting for a festive photo. With a bespoke backdrop, take some selfies inside or have a full snow globe photo from outside. The globe will be at Riverside on **Saturday 4 & 18 December** and at the Exchange Shopping Centre on **Saturday 11 December**.



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HAIRDRESSING TREND

by GREG COUZENS

SMOKY CHARCOAL

A new era in hair is upon us: as one in three women are now embracing their grey hair, it no longer needs to be hidden or be seen as making you look older than your years.

Georgia Matthews, senior technician at Gregory Couzens, explains how this revolutionary colouring technique is open for all ages.

“Charcoal is the new colour trend,” she says. “Charcoal hair is not quite black and not quite silver, but a sultry mix. In certain lights, you can see hints of blue and purple tones.”

“This smoky technique consists of applying two or three custom shades that take colour from the darkest at the root, smudging between shades in the middle and graduating lighter towards the end.

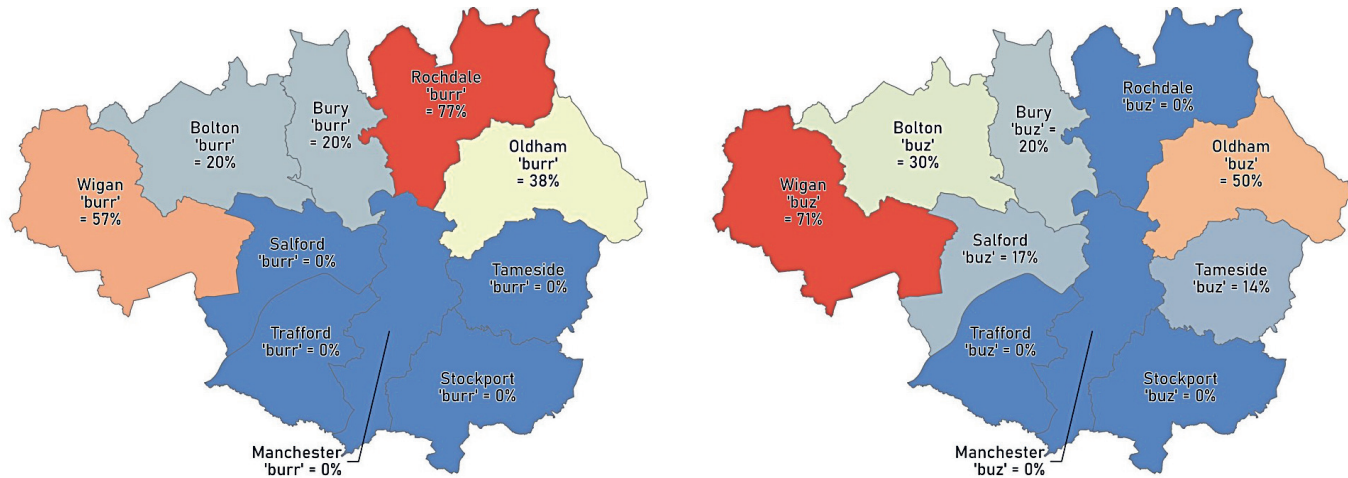
“It can be adapted for everyone: short or long hair, any face shape, any eye colour or skin tone. Talk to your technician about these new colours on the market and how they can be personalised to suit you. There are many ways to experiment with this trending hue.

“Rojan has naturally dark hair and this latest colour trend is the perfect look for her. This smoky shade is both edgy and office-appropriate whilst being smoking hot! Don’t be afraid to take this photograph to your technician as a starting point to get onboard the revolution. I predict this is a trend which will grow in popularity for many years to come, as it’s here to stay.”



Model: Rojan Noroozi
Hair: Georgia Matthews
Photo: Gregory Couzens

Do you speak 'Manc', 'Lancashire' or 'posh'? Findings from largest ever study of Greater Manchester accents and dialects revealed



People from Rochdale and Wigan are most likely to say 'burr' for 'bear'. People from Rochdale, Manchester, Trafford and Stockport are least likely to say 'buz' for 'bus'.

The Manchester Voices research project, led by sociolinguists at Manchester Metropolitan University, has been looking at how people speak across the 10 Greater Manchester boroughs.

Early findings from the project show that people think the 'Manc' accent is situated mostly in the city of Manchester itself, while residents of South Manchester, Trafford and Stockport are more likely to sound 'posh'.

While residents of the northern boroughs of Bury, Bolton, Rochdale and Oldham are characterised as speaking 'Lancashire', Wigan natives have a distinctive dialect all of their own – and are more likely to catch the 'buz' or read a 'bewk' than their GM neighbours.

Manchester Voices is the most detailed research study of its type, which will culminate in an exhibit at Manchester Central Library, celebrating just how diverse language is in the region.

Over 350 Greater Manchester residents were asked to draw and describe the different accents and dialects on an online map, as well as asking people who were born and raised in one borough to submit a recording of themselves speaking.

Researchers analysed the 80 recordings submitted to the project of people who have lived most of their lives in one borough. Focusing on the pronunciation of specific words – 'bear/burr', 'book/bewk', 'school/skewl', and 'bus/buz' – they found some interesting variances between the boroughs.

- The 'bewk' pronunciation of 'book' is most often found in Wigan
- People are more likely to catch a 'buz' in Oldham or Wigan
- Rochdale and Wigan locals are most likely to say 'burr' for 'bear'
- People from Stockport and Trafford were most likely to say 'school', and Wiganers said 'skewl' the most.

The analysis also suggested that 'burr' and 'bewk' may be lessening over time, with younger people and especially young women being more likely to say 'bear' and 'book'.

The Manchester Voices research team comprises academics Dr Rob Drummond, Dr Holly Dann, Dr Sadie Ryan and a group of student research assistants including intern Jack Taylor.

Dr Rob Drummond, Reader in Sociolinguistics at Manchester Metropolitan, said: "We can see important social distinctions reflected in the speech patterns we're analysing – the distinction between the urban centre and the surrounding boroughs, for example, and generational divides too."

The Manchester Voices research project is still ongoing, and the research team still want to hear from members of the public to build on these early findings.

To take part, visit manchestervoices.org



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Mens - 794 Edenfield Rd Norden OL12 7RB 01706 649264

Ladies - 798 Edenfield Rd Norden OL12 7RB 01706 357306

New exhibitions at Touchstones explore Rochdale heritage and identities

Three new exhibits will look at local heritage, community, and representation, and works that can be interpreted in multiple ways.

Major new art displays by 2019 Turner Prize winner, Helen Cammock, and The Paul Hamlyn Foundation award recipient, Jasleen Kaur, are now on display at Touchstones.

Centring on film works created with the participation of community groups from Rochdale, Helen Cammock's 'Concrete Feathers and Porcelain Tacks' and Kaur's 'Gut Feelings Meri Jaan' will run until February 2022.

For her exhibition, Cammock has taken the hugely influential 1884 Rochdale Principles of Co-operation as a point of departure, looking to reconnect with these ideas through open dialogues with residents of Rochdale. Together, residents and community groups have examined what it means to exist as part of a community through film, photography, print,



Helen Cammock: Concrete Feathers and Porcelain Tacks

text, song and performance, exploring social histories and questioning mainstream historical narratives.

Taking an eclectic selection of items from Touchstones' public art collection and archive – which will also be on display – a diverse group including Rochdale's former mayor, young people, a local artist, a retired joiner, and a Ukrainian women's choir, were invited to breathe new life and narratives into these objects and uncover strikingly different facets of Rochdale.

Artist Jasleen Kaur will explore Rochdale heritage and history from a different perspective by bringing to the forefront the voices of migrant communities within the town's social history, which have historically been marginalised and misrepresented.

During a series of online gatherings and conversations held by Kaur over a nine-month period, a group of women and non-binary participants from the local South Asian community were invited to critique the contents of the Ethnic Minorities section of the local archives at Touchstones, questioning how notions of cultural heritage are preserved and considering the human body as a living archive and carrier of histories.



Filming for Gut Feelings Meri Jaan

The resulting work – commissioned by UP Projects in partnership with Touchstones Rochdale – is a multiple-screen film installation in which customs and rituals preserved by group members and their families are performed in specific locations in and around the borough.

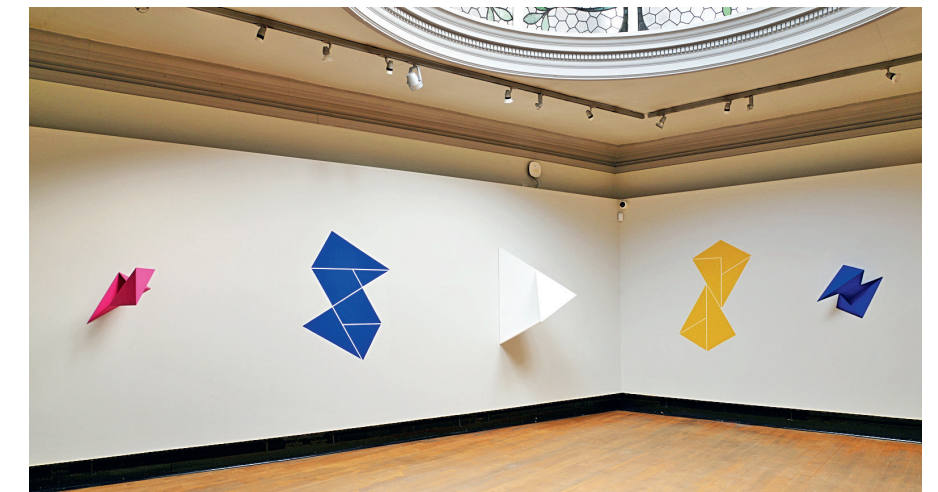
The films are also accompanied by a bilingual reference book in English and Urdu, printed on seed paper, documenting the conversations and texts studied by the group.

Another exhibition bringing shapes to life, 'Aligned Raised Lowered Offset Paired' showcases the geometric artwork of Todmorden-based artist, George Meyrick.

Using simple, geometric forms to create works that can be interpreted in multiple ways, Meyrick has even incorporated elements of Touchstones' exhibition space.

"My works may seem difficult to explain and understand, but this is a key part of interpreting them," said the contemporary artist. "Imagined alternative interpretations of the elements are a key part of the visual experience."

"I love encouraging the viewer to make their own judgement on the work, and it exists to be individually interpreted, resolved and recreated in their minds."



George Meyrick: Aligned Raised Lowered Offset Paired

Exhibitions at Touchstones

George Meyrick: Aligned Raised Lowered Offset Paired
Gallery One until Sunday 9 January 2022

What's Changed?
Gallery Two until Saturday 1 January 2022

Jasleen Kaur: Gut Feelings Meri Jaan
Gallery Three until Sunday 13 February 2022

Helen Cammock: Concrete Feathers and Porcelain Tacks
Gallery Four until Sunday 13 February 2022

Touchstones Rochdale offers a wide variety of exhibitions in the Heritage Gallery and the Art Gallery's four gallery spaces including those from the local community, selections from the borough's impressive art collection and work by contemporary artists.

As well as the changing exhibitions spaces, there is also a permanent museum which aims to tell a potted history of Rochdale.

The museum is ideally suited to visitors with an interest in the history of Rochdale or families.

There are interactive exhibits, films, audios and objects from the borough's collection on display.

Touchstones opening times
Wednesday - Saturday: 10am - 5pm
Sunday: 10am - 4pm

Touchstones Rochdale, The Esplanade
Rochdale, OL16 1AQ
Tel: 01706 924492

Admission is FREE.

Christmas Hospitality Packages At The Dale

Hospitality bookings are now being taken for our festive fixtures over the Christmas period.



Prices are just £35 for Season Card Holders (£30 for Concessions) £55 Non-Season Card Holders (£45 for Concessions / £35 for Juniors)



Rochdale v Newport County
Christmas Lunch with a Special Visit from Father Christmas
Saturday 18 December, 3pm Kick-off

Rochdale v Port Vale
Post Christmas Indulgence
Wednesday 29 December, 7.45pm Kick-off

Rochdale v Mansfield Town
Festive Curry
Saturday 1 January, 3pm Kick-off

Book online: www.rafcshop.co.uk/tickets/hospitality

Or for more information please contact Frances Fielding on Tel: 01706 753 581 or Email: frances@rochdaleafc.co.uk



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GYM OWNER'S WORLD RECORD

BEN BATE SETS NEW GUINNESS WORLD RECORD RUNNING THE LONDON MARATHON FOR SARCOMA UK IN MEMORY OF FRIEND TOM MAKIN



Local personal trainer Ben Bate ran the London Marathon on 3 October 2021 and set a new Guinness World Record for Fastest Marathon Dressed as a Body Part (male runner), with a time of 03:49:14.

Ben, owner of The BodyPro Personal Training Studio based on Bury Road, completed the challenge in a large bone costume to help raise awareness of sarcoma - a rare cancer that develops in the muscle, bone and soft tissue - in memory of his late friend and client, Tom Makin. Tom was 29 years old when he

sadly passed away from osteosarcoma in 2019, leaving behind two daughters aged just three, and eight-weeks-old.

As part of 'Team Tom', Ben ran with six others including Tom's wife, Kirsty Makin. Together, the team collectively raised over £100,000 for the Sarcoma UK charity.

Ben also raised more than £21,000 for Sarcoma UK in July when he completed four marathons - including 26 laps around Bamford and Norden - in under 24 hours.

Richard Davidson, chief executive of Sarcoma UK, said: "The charity was overwhelmed by the response to Ben and the team at the London Marathon 2021. Not only have they raised a transformative amount to support people affected by this relatively rare cancer, but Ben's eye-catching costume has brought awareness of sarcoma in such a high-profile way."



Photos: Ian Randall Photography

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TUESDAY Shawclough

Thrum Hall Methodist Church,
Thrum Hall Lane, Shawclough,
Rochdale,
OL12 6DE, 5pm & 6.30pm
Tel: Alyson 07805 788037

TUESDAY Littleborough

The Beach, Lakeside,
Littleborough, OL15 0DD, 6pm
Tel: Gary 07726 307788

WEDNESDAY Cutgate

Cutgate Baptist Church,
Edenfield Road, Cutgate,
Rochdale, OL11 5AG, 9am
Tel: Alyson 07805 788037

WEDNESDAY Cutgate

Cutgate Baptist Church,
Edenfield Road, Cutgate,
Rochdale, OL11 5AG,
5pm & 6.30pm
Tel: Alyson 07805 788037

WEDNESDAY Castleton

New Town Social Club, Nixon
Street, Castleton, Rochdale,
OL11 3JN, 5pm & 7pm
Tel: Julie 07847 098679

WEDNESDAY Middleton

Stanclyffe Community Centre,
Stanclyffe Lane, Middleton, M24
2PB,
5.30pm & 7pm
Tel: Aimee 07557 022279

WEDNESDAY Milnrow

St Anne's Church Hall,
Brocklebank Road, Milnrow,
Rochdale, OL16 5BT, 6pm
Tel: Rachel 07814 192966

THURSDAY Milnrow

St Anne's Church Hall,
Brocklebank Road, Milnrow,
Rochdale, OL16 5BT, 10am
Tel: Rachel 07814 192966

THURSDAY Milnrow

Butterworth Hall Community
Centre, New Street, Milnrow,
Rochdale, OL16 3PE, 6pm
Tel: Rachel 07814 192966

FRIDAY Littleborough

The Beach, Lakeside,
Littleborough, OL15 0DD,
9.30am
Tel: Joanne 07919 354296

FRIDAY Norden

Norden Primary School,
Shawfield Lane, Norden,
Rochdale, OL12 7RQ, 10am
Tel: Kate 07921 658870

SATURDAY Wardle

Wardle Village Church, Ramsden
Road, Rochdale, OL12 9PQ,
8.30am
Tel: Gary 07726 307788

SATURDAY Cutgate

Cutgate Baptist Church,
Edenfield Road, Cutgate,
Rochdale, OL11 5AG, 9am
Tel: Alyson 07805 788037

SATURDAY Shaw

St Andrews Methodist Church,
Trent Road, Shaw, OL2 7QU,
9am & 10.30am
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THE BIG PICTURE

TOAD LANE CONCERTS MUSIC AT LUNCHTIME

Hundreds of lunchtime concerts have been held over the last 20 years at the St Mary in the Baum church.

It's often said that music is a language understood by all, which is why the classical concerts at St Mary in the Baum on Toad Lane are open for everyone to hear stellar performances of rare quality.

You'd be forgiven if the weekly Toad Lane concerts of Wednesday afternoon have flown under your radar, as the 30-minute concerts are a hidden gem of auditory bliss – something which everyone can appreciate on their lunch break – and right on your very own doorstep.

The Toad Lane concerts originated from the 'music at lunchtime' weekly concerts which began at the old library and art gallery on the Esplanade during the 1960s. Back then, recorded music played in gallery IV with light refreshments, before live performances became the norm.

Music at lunchtime continued with occasional changes in venue until the millennium, and the development of the Touchstones Arts and Heritage Centre. The displaced concerts used Drake Street's Champness Hall for a short time until the Grade-I listed church, St Mary in the Baum, reopened after significant renovation.

The late Revd David Finney and performer and reviewer Dr Joe Dawson – a double-Fellow of the London College of Music in singing and composition who has also held senior positions in schools and colleges across Rochdale – took on the project at the church as TOLPAC, Toad Lane Performing Arts Centre.

In 2001, John Cole, the council's arts and libraries chief, handed over the concerts with the words, "If you are still going after five years, you can keep the piano." Needless to say, the piano was kept – and the concerts have now reached over 950 in number.

Led by series director Dr Joe Dawson, the Toad Lane Concerts, as they were now known, excellent classical music has been provided over hundreds upon hundreds of concerts from local talent, such as young soloists and adult choirs, to professionals of the highest calibre, including international postgraduate music students.

Dulcet melodies which celebrate the superb acoustics of St Mary in the Baum fill the church on most Wednesdays, providing a welcome escape from the day and some real food for the soul.



Classically trained pianist Maria King



Isabel Williamson and Jonathan Ellis

Almost as impressive as the display of talent from performing virtuosos is the array of instruments featured over the years: instrumentalist piano, organ, piano accordion, harpsichord, marimba, xylophone, flute, clarinet, oboe, oboe d'amore, cor anglais, saxophone, bassoon, trumpet, cornet, horn, trombone, tuba, violin, viola, cello, double bass, guitar, classical harp, even the Celtic harp.

The Toad Lane concert series was granted the Queen's Award for Voluntary Service 2020, the highest award a voluntary group can receive in the UK. The series had been preparing for its 950th concert when the pandemic struck, forcing a hiatus, making the already-impressive accolade even more precious.

After pilots in May and August 2021, the series reinvented itself under Covid-compliant conditions, largely returning to its tried-and-tested formula, temporarily without refreshments.

Toad Lane Concerts take place every Wednesday at 12.30pm at St Mary in the Baum, Toad Lane, Rochdale, OL16 1AP. Entrance fee is £6. Contact 01706 648872 for further information.

Forthcoming concerts:

1 December - Ugnius Pauliukonis piano (RNCM Gold medallist)

8 December - Angela Rowley soprano, choral director and adjudicator, Tim Kennedy piano (Cambridge & RNCM staff)

15 December - More than Melody Ladies Choir Christmas Concert Party



Eclectic harpist Alice Roberts



Series director Dr Joe Dawson



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Busy Beans Coffee celebrates Good Food award

Independent coffee house Busy Beans Coffee has won a Good Food award.

The Littleborough business, run by Becky and Danny O'Neill, is the only local eatery to win a 2022 Good Food Blue Ribbon for Delicious Dishes this year after being voted for by members of the public.

The award-winning coffee house is one of 64 winners of the coveted award in the café category. Their coffee has previously won a Great Taste award, but the Good Food award is their first accolade for the business, much to their delight.

Becky said: "Thank you so much to all our customers who voted for us; it was so sweet of you all!"



"We're very excited and we'll definitely enter again next year."

Busy Beans originated as a mobile coffee bar frequenting local events, before the O'Neills branched out into their first coffee house on Victoria Street in November 2019.

Russell's Café moves to Yorkshire Street

One of Rochdale's long-standing and most popular venues, Russell's Café, has reopened in new premises on Yorkshire Street.

Now located on Rochdale's high street after the closure of the Wheatsheaf Shopping Centre, where it had been since 1997, the new site has both indoor and outdoor seating and boasts a modern, contemporary vibe.

Owner Jeremy Guest said the café – which now employs 19 staff members – wouldn't have been able to reopen without support from the council, which

covered some of the costs, and the Rochdale Business Improvement District (BID).

He added: "Keeley Milne, our general manager, has been here since day one and she is the reason we've been so successful."

Paul Ambrose, Rochdale BID Manager, said: "It's great to see such a well-loved business has successfully relocated.



"Customers say the offer is better than ever and that it has been great to enjoy lunch on the outdoor terrace.

"We wish Russell's every success in their new premises on Yorkshire Street."



Photo: Ken Rowlatt



Photo: Ken Rowlatt

The first Springhill Hospice Walk to Remember was held on Saturday 18 September, raising just over £13,000 for the hospice.

Over 200 walkers took part in the 8.5 mile circular route, starting and finishing at the hospice.

The route took participants through Kingsway to Milnrow and up to Ogden Reservoir, and then returned to the hospice via Crompton.



Springhill Hospice Walk to Remember



Rochdale Riverside: award-winning flagship shopping & leisure development transforms town centre

Despite opening during the onset of a global pandemic, the award-winning retail development Rochdale Riverside has gone from strength to strength and transformed the town centre.

After years in the pipeline, the long-awaited Rochdale Riverside shopping centre was slated to open in April 2020. Back then, a global pandemic certainly wasn't on the cards.

Covid-19 hit, and the opening of Rochdale's flagship centre seemed in jeopardy – yet it has continued to attract major names to town and defy the economic fallout seen across many UK high streets.

Anchored by M&S, it comprises a mix of popular high street retailers, including River Island, Next, H&M, Superdrug, JD Sports, The Works and Boots, as well as leisure operators like Reel Cinema, Puttstars mini golf, Bean Coffee, Greggs, Crust Pizza and Heavenly Desserts plus an independent menswear store, DCM.

America's favourite coffee and baked goods chain Dunkin' Donuts came to Rochdale in October, one of just 16 branches in the UK.



Also joining the line-up and expected to open their doors before Christmas 2021 are popular restaurant chain Nando's, fashion retailer New Look and one of seven Loaded Burgers locations.

Named commercial development of the year at the Insider North West Property Awards in October 2021, Riverside was created as part of the wider £400m regeneration of Rochdale town centre, delivered by Rochdale Development Agency (RDA), on behalf of the council.

Councillor John Blundell, cabinet member for economy and RDA board member, said

the scheme has proved to be a big hit: "Riverside has helped transform Rochdale town centre, with visitor numbers steadily climbing, despite the obvious challenges faced by high streets this past year.

"The scheme has already created jobs for local people and will play a major role in our borough's covid recovery, as well as continuing to boost our economy in the much longer term."



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Little Amal visits Rochdale



Photo: Craig Szlatoszlavek



Photo: Greg Couzens

Little Amal – a nine-year-old refugee girl in the form of a 3.5 metre puppet – walked through Rochdale on Tuesday 2 November, in search of her mother.

Little Amal has travelled from the Syrian border across Turkey, Greece, Italy, France, Switzerland, Germany and Belgium in search of her mother, stopping at 65 places on the way, including Rochdale where crowds gathered in their masses to greet her.

Her journey represents those taken by millions of people who have been displaced by war or persecution, especially children. At this time of multiple global crises, her urgent message to the world is, 'don't forget about us'.

'The Walk' is a public art project produced for Good Chance in association with Handspring Puppet Company, world-famous creators of the horse puppets in War Horse.



Photo: Craig Szlatoszlavek



Photo: Craig Szlatoszlavek

BARTON KENDAL WINS THE BRITISH PROPERTY LETTINGS AWARD FOR ROCHDALE

Local estate agent Barton Kendal Residential has won the British Property Lettings Award 2021-2022 for Rochdale.

Established in 1966, the agency has two offices in the Rochdale borough – a main office based at 122 Yorkshire Street, Rochdale, and another at Long Street, Middleton.

For the British Property Awards, “their Rochdale team performed outstandingly throughout the extensive judging period, which focused on customer service levels,” and have now been shortlisted for a number of national awards, which will be announced shortly.

The British Property Awards provide agents throughout the UK with an invaluable opportunity to compare the service that they



provide against the service provided by their local, regional, and national competition.

Agents who provide outstanding levels of customer service are rewarded with the award, which acts as a beacon to highlight these attributes to their local marketplace.

Ian Tweedley, Barton Kendal Residential managing director, said: “I am delighted that our wonderful team, who have worked through extremely difficult times over the past couple of years, have won this prestigious British Property Gold award.”



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STEP-BY-STEP GUIDE TO BUYING A NEW HOUSE



Kitsa Efthymiadis, a partner at Molesworths Bright Clegg, explains the process of purchasing a new property.

Many people find the prospect of getting onto the property ladder both exciting and daunting.

We hope that this guide will set buyers on the right path to their new home, and enable sellers to understand the process too.

Step 1

The conveyancing process begins as soon as a price is agreed, and usually involves estate agents, surveyors, and lenders. Central to all of this is the legal work, which is undertaken by conveyancers (who can be solicitors, licensed conveyancers or paralegals).

It is important to choose a conveyancer who has the necessary property expertise to identify and address any problems which may arise, and whose team knows how to communicate any issues clearly.

Step 2

Once the price has been agreed, it is time to arrange your mortgage (if you need one), and consider having a survey, in case there are any structural problems.

A lender will arrange a valuation, but that is mainly for your lender’s benefit and is not the same as an actual survey.

Step 3

Once instructed, your conveyancer will undertake various ID checks and request a contract pack from the seller’s conveyancer. The contract pack will include the draft contract, copies of the title deeds and various property information forms.

On receipt of the contract pack your conveyancer can begin the title investigation, the most important part of the process. This entails gathering and analysing information and will involve various searches, and scrutiny of the title deeds, as well as any necessary ‘pre-contract’ enquiries arising from the paperwork.

These searches and enquiries can often take several weeks, and will need to be completed and approved before you proceed further.

Step 4

Once their enquiries are complete, and any required mortgage offer has been received, a diligent conveyancer will prepare a written Report on Title telling you everything they have found out about the property. If you are happy with the report you will be asked to sign your copy of the contract, in readiness for the next stage, namely exchange of contracts.

Step 5

Exchange is when the buyer and seller both become committed to proceeding with the transaction, and when a completion date is fixed. You will have to pay your deposit, and your conveyancer will order your mortgage advance. Exchange and completion can take place on the same day, but generally there is an interval between the two.

Step 6

Completion is the day on which you become the new owner and can finally celebrate and enjoy your new home whilst your conveyancer pays any Stamp Duty Land Tax and registers your purchase at the Land Registry.



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ROCHDALE POWERLIFTER WINS BRONZE AT INTERNATIONAL WORLD CHAMPIONSHIPS



Photo: White Lights Media

A powerlifter from Rochdale has brought home bronze from the International Powerlifting Federation World Championships in Sweden.

Genevieve Collins, 41, represented Team GB at the championships in Sweden in September, where she won a bronze medal and podium position in the Women's Masters 1 category (63kg-69kg) after squatting 145kg, benching 82.5kg and deadlifting 167kg. Powerlifters have three attempts at each to build their total score with the highest winning their category.

The mum-of-three described the experience as “nerve-wracking”, but said she was “ecstatic” to achieve bronze in her first outing.

She explained: “I love being able to go to the gym. A lot of women think they are going to become bulky, but that’s not the case. It’s very empowering.

“I had an amazing time amongst the strongest ladies in the world. I love lifting and being amongst such inspiring women and am so thankful I had this opportunity.”

Genevieve picked up the amateur sport five years ago when she was recovering from a knee injury; a personal trainer at Full Contact

suggested attempting it during her sports rehabilitation. She had previously played a lot of netball and was a regular gym-goer before falling in love with power lifting.

Genevieve competed in her first national contest before Covid struck, where she placed fourth, qualifying for the British Masters, which she won in July this year, cementing her a spot on the GB squad. Prior to these, she had taken part in eight regional contests and championships, placing consistently between first and fourth place.

Now working at Full Contact Performance Centre where she still trains, Genevieve hopes to attend next year’s world championships in Canada and the European championships in Lithuania, and is looking for sponsorship to get her there.

She said: “Because it’s an amateur sport, there’s no money. Next year’s worlds and the European championships are two big ones I’d like to compete in and fight for a podium position; hopefully I’ll do a bit better than third – I’d try to get gold.”

Genevieve was sponsored by Carter & Carter Solicitors, Amber Pets and The Merry Monk.

CHOCOLATE ORANGE YULE LOG

by Natasha Brown - owner of Brown's Cakes

This recipe is based around Mary Berry's chocolate roulade recipe but is filled with marmalade and smeared with a generous coating of chocolate ganache to give a very light sponge a rich and decadent finish.

The roulade is made without flour (making it accidentally gluten-free) so it's amazingly light but just needs a little bit of care when mixing the ingredients.

Ingredients

For the ganache:

200g good quality dark chocolate
200ml double cream

For the flour-free sponge:

175g good quality dark chocolate
6 eggs
175g caster sugar
2 tbsp cocoa powder

To decorate:

Shredless marmalade
Terry's chocolate orange

Recipe

- Make the ganache first; break the chocolate into small pieces in a glass bowl and pour over the cream.
- Microwave for 2 mins, let it stand for a minute and then stir. If the chocolate doesn't all melt into the cream, keep putting it back in to the microwave for 10 second blasts until it all stirs together. Once it all comes together, give it a good stir then leave to one side.
- For the sponge, grease and line a 33cm x 23cm Swiss roll tin.
- Turn the oven on to 160°C Fan/ 180°C/ gas mark 4.
- Break the chocolate into small pieces and melt it in the microwave using 30 second blasts decreasing to 10 second blasts as it starts to melt, stir the chocolate between each blast.
- Separate the eggs and whip the whites into stiff peaks.
- Whip the egg yolks and caster sugar until they become quite thick.
- Beat the melted chocolate into the whipped egg/sugar mixture.
- Stir in a couple of small spoonfuls of the egg white to loosen the mixture, then gently fold in the egg white (this is where you now need to be careful not to lose all the air that has been beaten in). Use a large metal spoon and fold gently.
- Sieve in the cocoa powder and continue to fold gently.
- Carefully pour the mixture onto the lined Swiss roll tin and spread it to the edges with a spatula, using as few strokes as possible.
- Bake for 18-20 mins. When pressed in the centre, the sponge should indent a little but spring back up. Try not to over bake it as it will be harder to roll later.
- Once baked, leave in the tin to cool.
- Once cool, turn the sponge onto a sheet of baking paper and peel off the paper that's stuck on the back.
- Apply a very generous layer of marmalade – and do be generous!
- To roll the roulade, cut a line about halfway through the sponge all along the



- long edge about 1cm in. This helps start the roll. Once you start to roll, it will crack and possibly even break but don't be put off, even if it falls apart! It's meant to look like a log and will be covered with ganache so it's fine.
- This recipe all about the taste of the fluffy light sponge and decadent chocolate, don't worry about how it looks.
- Once rolled, cut a quarter of the roll off at an angle then place the bigger piece onto a plate or serving platter and position the smaller piece against it to look like a log.

To decorate

- Check the chocolate ganache you made earlier is a good spreading consistency. If it's too runny, leave it to set for longer; if it's too thick give it a quick blast in the microwave for 5-10 seconds to soften it.
- Spread the ganache all over the log using a butter knife. Be generous.
- Lay pieces of chocolate orange along the log and sprinkle with icing sugar.
- The plate can be decorated with any decorations you like, I'll leave you to decide this bit.

You may have noticed by now that I like a bit of alcohol on my cakes, so a lovely alternative to this would be to drizzle the unrolled roulade with Baileys, Tia Maria or Cointreau (any sweet alcohol would be lovely). You can even add a little to the cream when making the chocolate ganache – make the ganache with 250g chocolate and 250g cream so that you have extra and spread some inside the roulade instead of marmalade (keep the marmalade if you are using Cointreau).

Another alternative would be a drizzle of kirsch and spread black cherry jam inside the roulade to give Black Forest flavour. There are lots of yummy possibilities!



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REAL ROCHDALE - WINTER 2021

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Skin supplements; working from the inside out

ABOUT THE WRITER

Beverley Watson is a director and therapist at Revive Me with 24 years' experience in the beauty industry, including seven years as a lecturer and assessor. She is skilled in all aspects of beauty, HD Pro Brow stylist, CND L&P master nail tech.

wrinkles and fine lines, working alongside a prescribed skincare regime as recommended by your skin therapist.

Acne

Frequently considered a teenage skin problem, acne can affect everybody no matter their age. Hormonal changes are one of the biggest causes of acne and can be especially common in menopausal women. You generally find hormonal breakouts around the mouth and chin.

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Premium supplements targeted at ageing skin can support collagen cell renewal, hydrate

the skin, leaving a plumping effect and provide overall brightness thanks to Vitamin C.

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The external environment can cause havoc with our skin, especially if you already have dry or sensitive skin. Nutrition supplements containing omegas, vitamins and hyaluronic acids help combat these issues from the inside out as they work to balance the skins' barrier, address textural irregularities (roughness, flaking) and hydrate the skin.

With any premium skin supplements, it is strongly advised that you seek professional advice from a skin therapist to find the right supplement your skins' needs.

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REAL ROCHDALE - WINTER 2021



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Independent optician Stephen Holt celebrates 50 years of business

Stephen Holt is a Rochdale optician who has been looking after local residents' eye health for 50 years – and he's showing no signs of stopping anytime soon.

When young electrician Peter France wired up his test chart on 8 November 1971, he became Stephen Holt's very first patient, the first of thousands over what would become a half-century of business.

A former Rochdale Grammar School student, Stephen began his lengthy career as one of Rochdale's most trusted opticians by studying for a BSc Hons degree in Ophthalmic Optics at Bradford University.

Stephen spent his pre-registration year on placement at the Eye Department at Coventry and Warwickshire Hospital, before qualifying as an ophthalmic optician in 1971.

Stephen opened his independent opticians – Stephen J Holt Ophthalmic Opticians – on Oldham Road in 1971, where he continues to practice to this day. The shop on Oldham Road has expanded in size over the years, but very little else has changed.

With patients of all ages, Stephen cares about everyone's eye health. For those who are unable to physically attend an appointment, Stephen attends private and care homes to ensure all his patients' needs are met.

For more than 35 years, Stephen has closed his practice on Tuesday afternoons as he also works for the NHS at the paediatric eye clinic at Nye Bevan House. Here, Stephen



examines children from birth upwards to ensure they have the best advice as their eye health changes.

When he's not at work, Stephen enjoys playing music, especially the clarinet, saxophone, and organ. He's also a long-time supporter and sponsor of the local rugby league side, Rochdale Hornets, and even opened a popular town centre pub – The Baum – back in 1980.

With no plans to retire soon, Stephen continues to take on new patients, offering the same care and attention he always has.

Stephen said the aim was to always set up his own business and modestly says, even after all this time, it "still feels the same."

One of his favourite parts of the job, he said, is working with individuals and meeting new people.

Summing up the past 50 years, he described it as "enjoyable" and concluded: "I'll be here for a while yet!"

Beware the coming winter of discontent

The icy wave of a pandemic is on its way to Britain as the year draws to a close.

You are probably thinking I am talking about Covid, which has been biting again since the autumn, or even the flu which we so often ask you to get immunised against.

But this year, mental health dominates my thinking – and yes, I am worried about it.

High schools are using trauma techniques to settle the minds of young people – which says much about the anxieties our children have faced through a long lockdown and then a stuttered return to education.

Growing up in our fast-paced society meant they were already the most susceptible group to mental health problems before Covid. Organisations such as CAHMS are there to help, though I am aware of an influx they are facing.

Adults too are feeling the strain of returning to work with the long lingering shadow of Covid. But there are other anxieties too, not least financial pressure. Initial statistics showed unemployment levels doubled during lockdown, and there is the flipside of this – a lack of trained people in posts.

This can result in increased stress at work. And since goods and services have been affected by the skills shortage, an added nightmare before Christmas of not being able to do everything from essential household repairs to sourcing food and presents.

A long wait for medical appointments is also expected. We all feel gloomy when we are ill, and it can breed problems such as depression. The



ABOUT THE WRITER

Dr Chauhan OBE is a respected GP, health and social care campaigner, and champion of social justice and charity. As a local GP, he has become a powerful advocate for his patients and introduced innovative methods to improve their care. His work mentoring and employing young people has won national recognition and he was awarded an OBE in 2020 for his creation of the Homeless-Friendly charity.

temptation to blame NHS staff can be tempting but dealing with a crisis has also left them physically and emotionally exhausted.

With services depleted, how do we find time to heal our minds? I have always believed mental and physical health are intrinsically linked and should be treated with the same seriousness. Easing up on the alcohol (which is a depressant) is a good start, as is examining your diet. Exercise releases positive endorphins in the brain, which will make your body and mind feel better. Talking is important, too. Organisations like The Samaritans are often equated with suicide prevention, but they can be great to help you beat isolation and problem-solve.

Occupying the body and mind, while positive, is not always successful. Poor mental health may have roots in much deeper things, so moments of crisis mean seeing your GP is paramount. We can offer medical support to stabilise conditions such as anxiety, depression and even psychosis.

Finally, it would be remiss not to mention rough sleepers, who suffer with the direst mental and physical health in society. Please do your bit to support them through charities: if you can, also talk with them about the issues they face.



Formerly trading as Mike Ellor & Son, this family business has been serving Rochdale since 1962. Although Mike has now long since retired, his son Mark has kept the long-standing traditions of his father running, which are now being passed onto the next generation.

Mark, who has over 25 years of experience under his belt, said: "I was taught by my father and I'm happy to be passing on both his and my experience to local Rochdale apprentices through the Floortrain programme."

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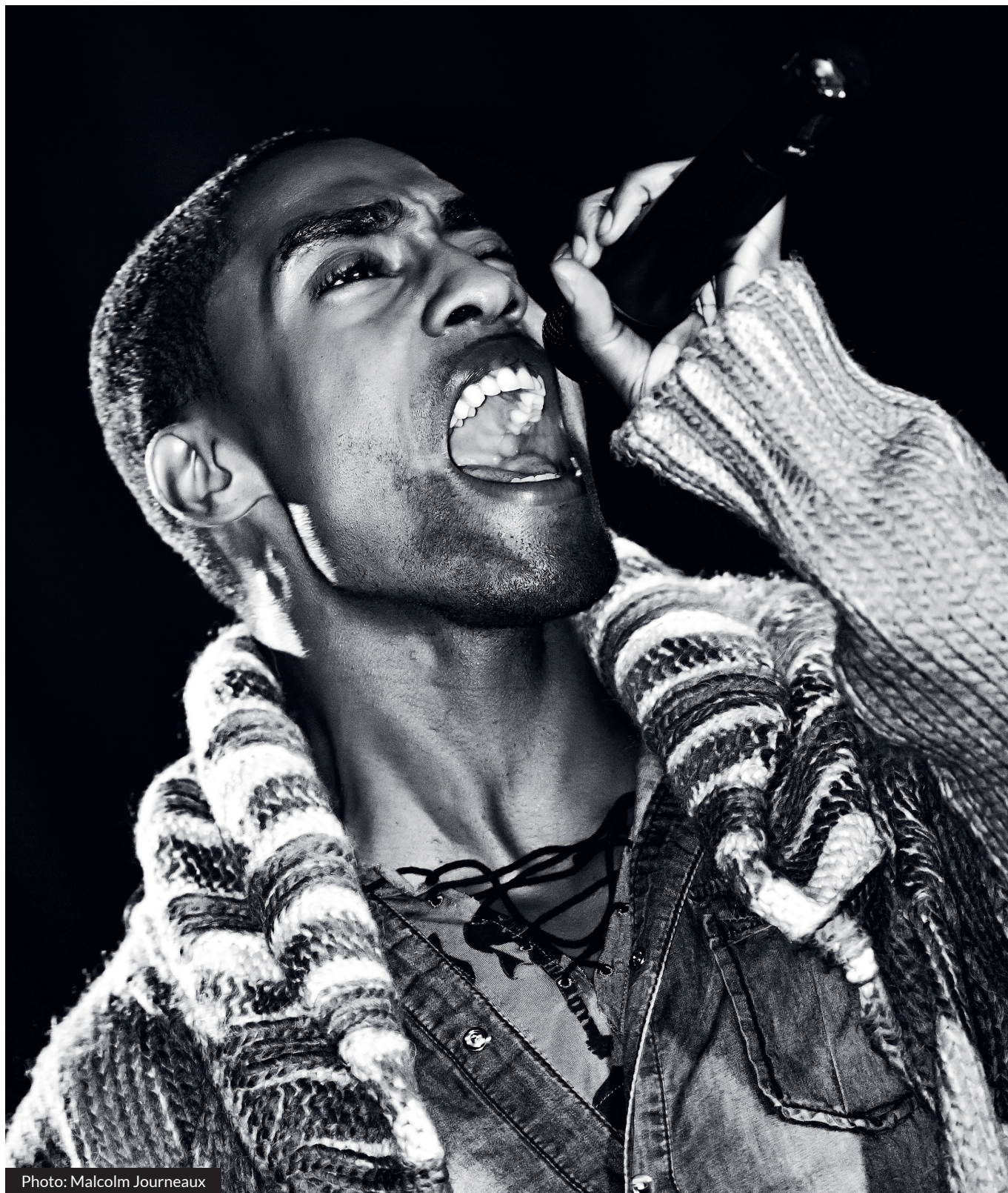


Photo: Malcolm Journeaux

Hundreds of people gathered in Rochdale town centre on 18 November 2010 to see Simon Webb, a former member of boy band Blue, turned solo singer turn the Christmas lights on.

Simon performed three tracks before flicking the switch to turn on the lights.

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